Note: The **red** tasks can be completed once. The **purple** tasks can be completed once a week. The **black** tasks can be completed once a day.

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1 point

- Wash your clothes in cold tap water, dry on lowest setting or without a dryer
- Take a walk
- Use a reusable bag at the grocery store
- Use cloth napkins at a meal

3 points

- Eat vegetarian for one full day
- Take a 5 minute shower (or less)
- Eat local food
- Pick up trash that you see outdoors
- Watch an environmental documentary
- Compost one meal's worth of scraps
- Buy from a thrift store instead of fast fashion brands

5 points

- Eat vegan for one full day
- Educate a family member about the benefits of eating lower on the food chain
- Bike, walk or use public transportation instead of a personal car
- Zero waste meal
- Read an environmental book
- Go one week without buying anything new (with the exception of food)

10 points

- Add a plastic water bottle (or a brick) to your toilet tank to reduce water needed to flush
- Research something related to the environment from your hometown. Write a short blog post about it to educate your peers! Find more information and a sample post here

Bonus 10 points if you complete all of the tasks at least once!